

Monson Parks & Recreation Department Presents

## **GENTLE YOGA ~ A Meditation in Motion**

8 Class Session with Laura Mushenko



**~ Beginners Welcome ~**

**Tuesday Evenings ~ 5:45 - 6:45 p.m.**

Arrival 5:35 p.m.

**September 15th - November 10th ~ (No class 10/6/15)**

in the Sylvia DeSantis Room of the Monson Free Library

\$90 per participant for the eight class series

Limited Space Available

Pre-register with the Monson Parks & Recreation Department

413-267-4105 • [mpr@monson-ma.gov](mailto:mpr@monson-ma.gov)



Laura Mushenko ~ 500RYT, Inspired living life coach/mentor, yoga and meditation educator, prana facilitator, teaches at Kripalu, the largest yoga, health and wellness center in North America, and has worked alongside and assisted some of the best educators and presenters in the fields of yoga, total health, self development, personal empowerment, transformation, mindfulness, psychology, consciousness living, trauma and spirituality. Laura is passionate about sharing the teachings that she has been so generously gifted through an immersion of study. Offering the world these extraordinary life enhancing tools.

For inquires contact Laura ~ [www.lauram.org](http://www.lauram.org) ~ 413-530-0964

What to Bring ~ Yourself just as you are, yoga mat, comfortable layered clothing, blanket, scarf or eye cover, any props that will enhance your yoga.